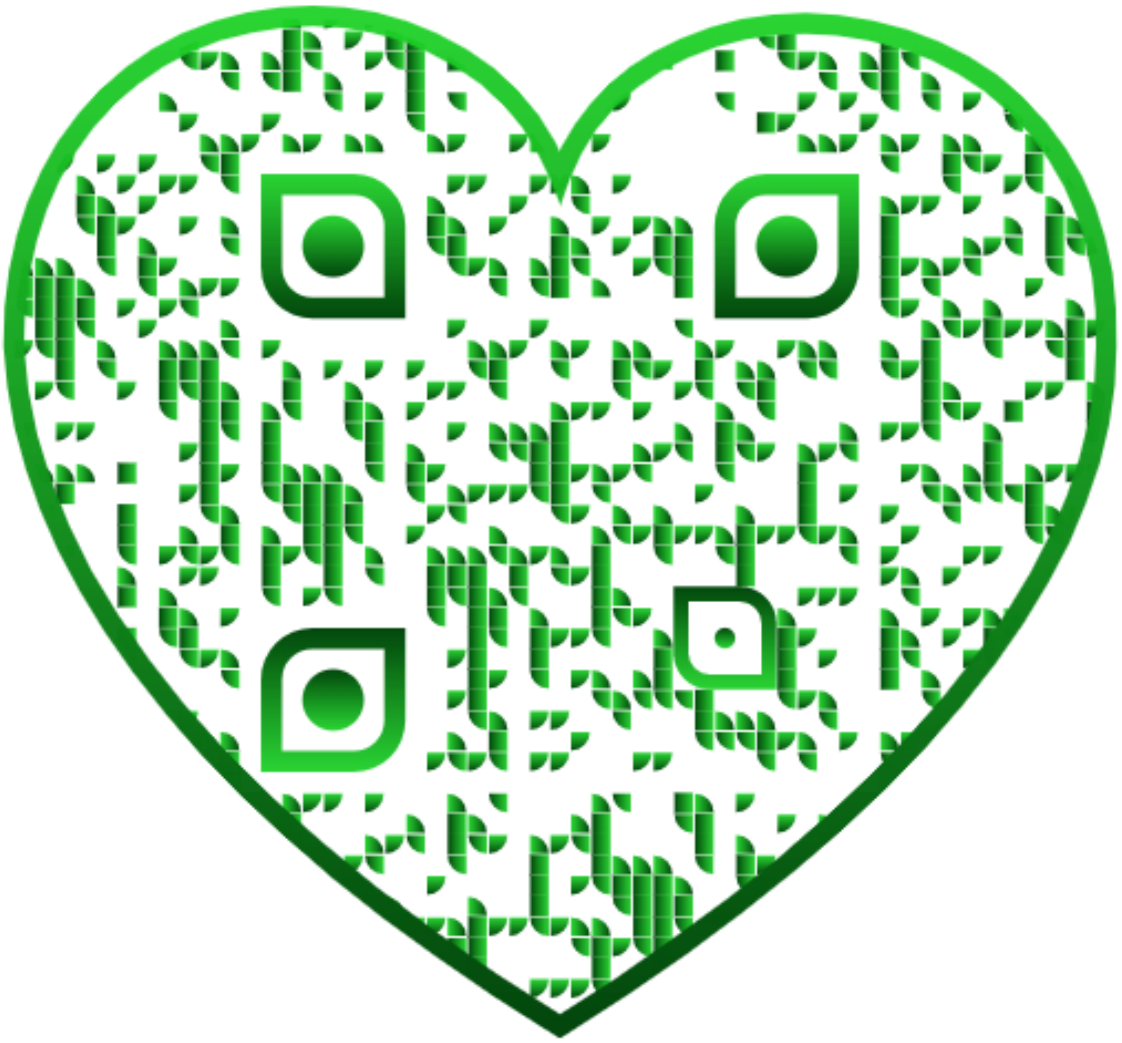
Levitation

MARTIN K. ETTINGTON



This is another book in my continuing “The God Like Powers Series”.

In this book we cover the paranormal ability of levitation. Levitation has been reported throughout history from stories of Christian Saints, Indian Gurus, and many more people.

Levitation has also been subject to many fakes by mediums, and Indian Fakirs. However, there do seem to be many legitimate stories of levitation experiences.

The book also includes instructions on learning how to do Levitation yourself.

As I state in my other books, paranormal abilities are really the side effects of spiritual growth. So the techniques provided in this book are all about learning to meditate and the things you can learn to do once you know how to meditate deeply.

Table of Contents

1.0 Introduction

2.0 The Yoga Sutras of Patanjali

3.0 The History of Levitation

4.0 Well Known Levitators

5.0 Levitation By Mediums

6.0 More Levitation Hoaxes

7.0 Learning to Levitate Yourself

8.0 Another Levitation Experience and Instructions

9.0 Summary

1.0 Introduction

This is a book about Levitation as a continuing volume of “The God Like Powers Series”

Levitation is a phenomenon which is well documented, but has many persons doing “fake” levitations.

There are also many persons who seem to have found believable examples of real levitation throughout history.

There are people who learn to levitate mainly through in depth prayer or meditation.

Levitation is a side effect of spiritual growth as is demonstrated by the most credible stories being from Catholic Saints and Indian Gurus. You need to develop your spiritual side through deep prayer or meditation. (Which are really the same)

2.0 The Yoga Sutras of Patanjali

ॐ

I first learned about the read the Yoga Sutras when I was about nineteen, and it has impressed me to this day as a well written exposition for enlightenment and as an analytical view of Yoga.

I believe that the Sutras also describe the underlying reality behind all religions and mystical philosophies.

“The Yoga Sutras of Patanjali” was written in four books in the Sanskrit language and is one of the great spiritual works of India.

It is available in print and in many versions on the Internet, and describes the path to enlightenment and attainment of spiritual powers.

The Sutras were written over 2,000 years ago by some estimates.

The Sutras are often described as a scientific exposition in the science of yoga and consists of 4 books of Sutras in Sanskrit which has numerous translations in English.

Each book was written in short sentences of Sanskrit, so many publications of the Yoga Sutras today include the following:

1) The original Sanskrit text

2) The phonetic and exact word translation

3) Turning the previous into and English sentence

4) An exposition on the meaning and details of the Sutra.

(A picture of the sutras written on wooden slats)

All of the superhuman abilities and powers and more referred to in the Sutras are found in book three.

The goal of the yogic path and the Sutras is enlightenment, however many spiritual powers become side effects of this spiritual process.

Many Sutras describe different abilities or how different abilities can be derived.

As an example-although the Sutras don’t talk specifically of physical immortality, the powers available as a result of the spiritual development process would also affect the body in a very positive manner.

In Book 3 Sutra 45 we have an example of what I’m referring to regarding spiritual powers from the process of enlightenment which would probably cause a lot of longevity in the physical body if exercised properly:

Book 3 Sutra 45-Thereupon will come the manifestation of the atomic and other powers, which are the endowment of the body, together with its unassailable force.

The body in question is, of course, the etheric body of the spiritual man.

He is said to possess eight powers: the atomic, the power of assimilating himself with the nature of the atom, which will, perhaps, involve the power to disintegrate material forms; the power of levitation; the power of limitless extension; the power of boundless reach, so that, as the commentator says, "he can touch the moon with the tip of his finger"; the power to accomplish his will; the power of gravitation, the correlative of levitation; the power of command; the power of creative will.

These are the endowments of the spiritual man. Further, the spiritual body is unassailable. Fire burns it not, water wets it not, the sword cleaves it not, dry winds parch it not.

And, it is said, the spiritual man can impart something of this quality and temper to his bodily vesture.

Many forms of Yoga exist to develop one along the path. These include Raja, Gnana, Praya, Tantric, and additional forms of Yoga.

Yoga teachers for many of these disciplines can be found -in many major and minor cities around the world.

3.0 The History of Levitation

Most of the historical stories of Levitation can be traced back to Jesus. Jesus of course was reported to have many spiritual abilities. One of those was to levitate as he did when he walked on the waters of the Sea of Galilee in a storm.

Jesus’ abilities are similar to what other enlightened persons experience with their spiritual abilities. A very enlightened person will exhibit many types of abilities as side effects of their spirituality.

4.0 Well Known Levitators

In this chapter we cover reports from hundreds of years of person’s who exhibited levitation—often when deep in prayer. Most of the examples are from Christian Saints although many other cultures report similar levitation experiences. Many gurus in India have also been observed levitating—we just don’t have records for many of these sightings.

4.1 Christianity

St Francis of Assisi

Francis of Assisi (born Giovanni di Pietro di Bernardone; Italian: Francesco d'Assisi; Latin: Franciscus Assisiensis; 1181 or 1182 – 3 October 1226), venerated as Saint Francis of Assisi, also known in his ministry as Francesco, was an Italian Catholic friar, deacon, philosopher, mystic, and preacher. He founded the men's Order of Friars Minor, the women's Order of Saint Clare, the Third Order of Saint Francis and the Custody of the Holy Land. Francis is one of the most venerated religious figures in Christianity.

Saint Francis of Assisi is recorded as having been "suspended above the earth, often to a height of three, and often to a height of four cubits" (about 1.3 to 1.8 meters).

Alphonsus Liguori (1696–1787), sometimes called Alphonsus Maria de Liguori or Saint Alphonsus Liguori, was an Italian Catholic bishop, spiritual writer, composer, musician, artist, poet, lawyer, scholastic philosopher, and theologian.

He founded the Congregation of the Most Holy Redeemer, known as the Redemptorists, in November 1732. In 1762 he was appointed Bishop of Sant'Agata dei Goti. A prolific writer, he published nine editions of his Moral Theology in his lifetime, in addition to other devotional and ascetic works and letters. Among his best known works are The Glories of Mary and The Way of the Cross, the latter still used in parishes during Lenten devotions.

St. Alphonsus Liguori, when preaching at Foggia, was lifted before the eyes of the whole congregation several feet from the ground

Saint Joseph of Cupertino, O.F.M. Conv. (Italian: Giuseppe da Copertino; 17 June 1603 – 18 September 1663) was an Italian Conventual Franciscan friar who is honored as a Christian mystic and saint. He was said to have been remarkably unclever, but prone to miraculous levitation and intense ecstatic visions that left him gaping.

Joseph began to experience ecstatic visions as a child, which were to continue throughout his life, and made him the object of scorn. He applied to the Conventual Franciscan friars, but was rejected due to his lack of education. He then pleaded with them to serve in their stables.

After several years of working there, he had so impressed the friars with the devotion and simplicity of his life that he was admitted to their Order, destined to become a Catholic priest, in 1625.

Teresa of Ávila, born Teresa Sánchez de Cepeda y Ahumada, also called Saint Teresa of Jesus (28 March 1515 – 4 or 15 October 1582), was a Spanish noblewoman who felt called to convent life in the Catholic Church.

St. Teresa of Avila (born in Avila, Spain, March 28, 1515; died in Alba, October 4, 1582) claimed to have levitated at a height of about a foot and a half for an extended period somewhat less than an hour, in a state of mystical rapture. She called the experience a "spiritual visitation".

A Carmelite nun, prominent Spanish mystic, religious reformer, author, theologian of the contemplative life and of mental prayer, she earned the rare distinction of being declared a Doctor of the Church, but not until over four centuries after her death. Active during the Catholic Reformation, she reformed the Carmelite Orders of both women and men. The movement she initiated was later joined by the younger Spanish Carmelite friar and mystic, John of the Cross. It led eventually to the establishment of the Discalced Carmelites. A formal papal decree adopting the split from the old order was issued in 1580.

Martin de Porres Velázquez, O.P., (9 December 1579 – 3 November 1639) was a Peruvian lay brother of the Dominican Order who was beatified in 1837 by Pope Gregory XVI and canonized in 1962 by Pope John XXIII. He is the patron saint of mixed-race people, barbers, innkeepers, public health workers, and all those seeking racial harmony.

He was noted for his work on behalf of the poor, establishing an orphanage and a children's hospital. He maintained an austere lifestyle, which included fasting and abstaining from meat. Among the many miracles attributed to him were those of levitation, bilocation, miraculous knowledge, instantaneous cures, and an ability to communicate with animals.

When Martin was 34, after he had been given the religious habit of a lay brother, he was assigned to the infirmary, where he was placed in charge and would remain in service until his death at the age of 59. He was known for his care of the sick. His superiors saw in him the virtues necessary to exercise unfailing patience in this difficult role. It was not long before miracles were attributed to him. Martin also cared for the sick outside his convent, often bringing them healing with only a simple glass of water. He ministered without distinction to Spanish nobles and to slaves recently brought from Africa. One day an aged beggar, covered with ulcers and almost naked, stretched out his hand, and Martin took him to his own bed. One of his brethren reproved him. Martin replied: "Compassion, my dear Brother, is preferable to cleanliness."

When an epidemic struck Lima, there were in this single Convent of the Rosary 60 friars who were sick, many of them novices in a distant and locked section of the convent, separated from the professed. Martin is said to have passed through the locked doors to care for them, a phenomenon which was

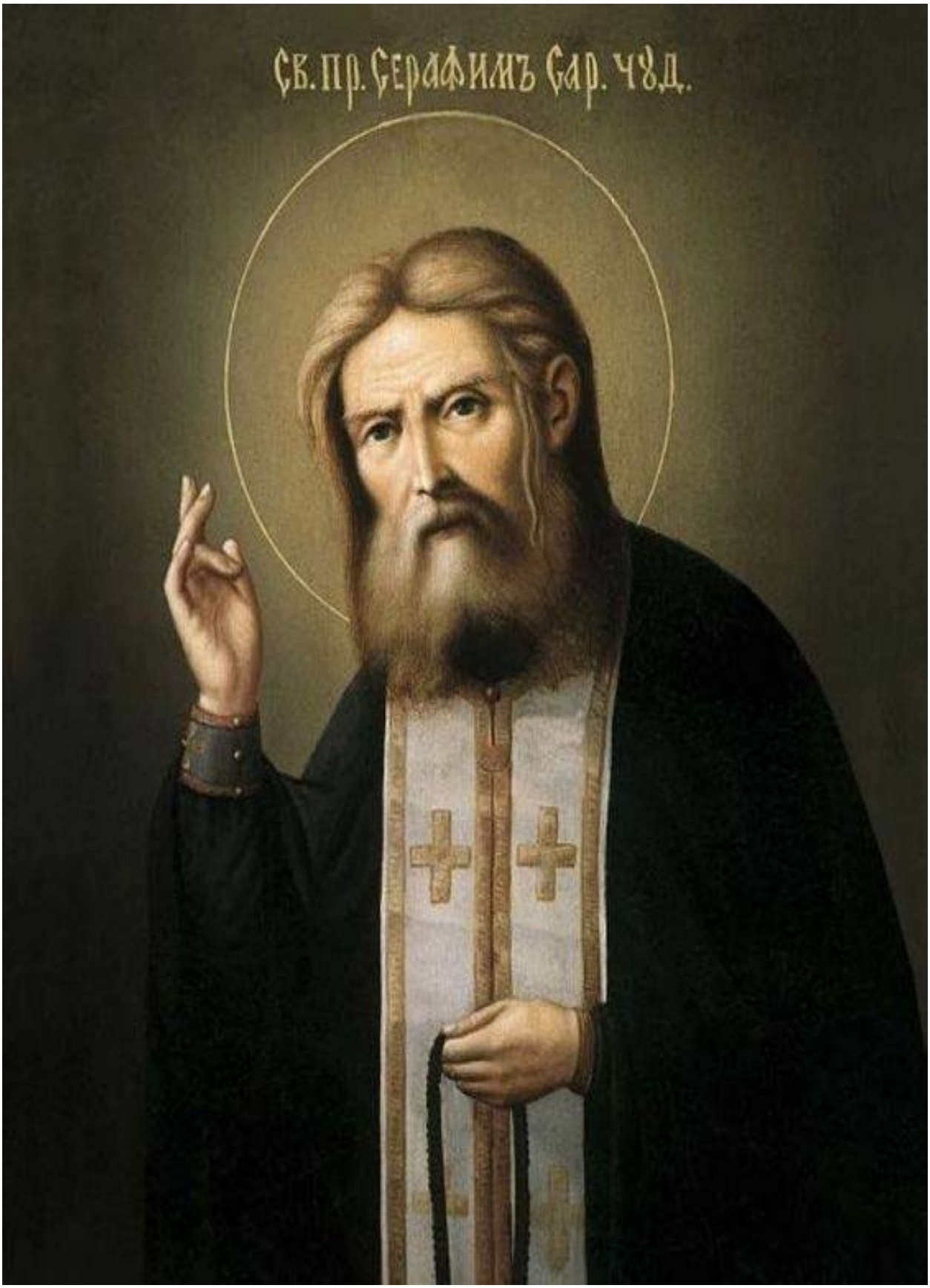
reported in the residence more than once. The professed, too, saw him suddenly beside them without the doors having been opened. Martin continued to transport the sick to the convent until the provincial superior, alarmed by the contagion threatening the friars, forbade him to continue to do so.

Martin also is said to have levitated over distances.

His sister, who lived in the country, offered her house to lodge those whom the residence of the religious could not hold. One day he found on the street a poor Indian, bleeding to death from a dagger wound, and took him to his own room until he could transport him to his sister's hospice. The prior, when he heard of this, reprimanded him for disobedience. He was extremely edified, however, by his reply: "Forgive my error, and please instruct me, for I did not know that the precept of obedience took precedence over that of charity." The prior gave him liberty thereafter to follow his inspirations in the exercise of mercy.

Girolamo Savonarola 21 September 1452 – 23 May 1498) was an Italian Dominican friar from Ferrara and preacher active in Renaissance Florence. He was known for his prophecies of civic glory, the destruction of secular art and culture, and his calls for Christian renewal. He denounced clerical corruption, despotic rule and the exploitation of the poor. He prophesied the coming of a biblical flood and a new Cyrus from the north who would reform the Church.

Girolamo Savonarola, sentenced to death, allegedly rose off the floor of his cell into midair and remained there for some time


Св. Пр. Серафимъ Сар. Чуд.

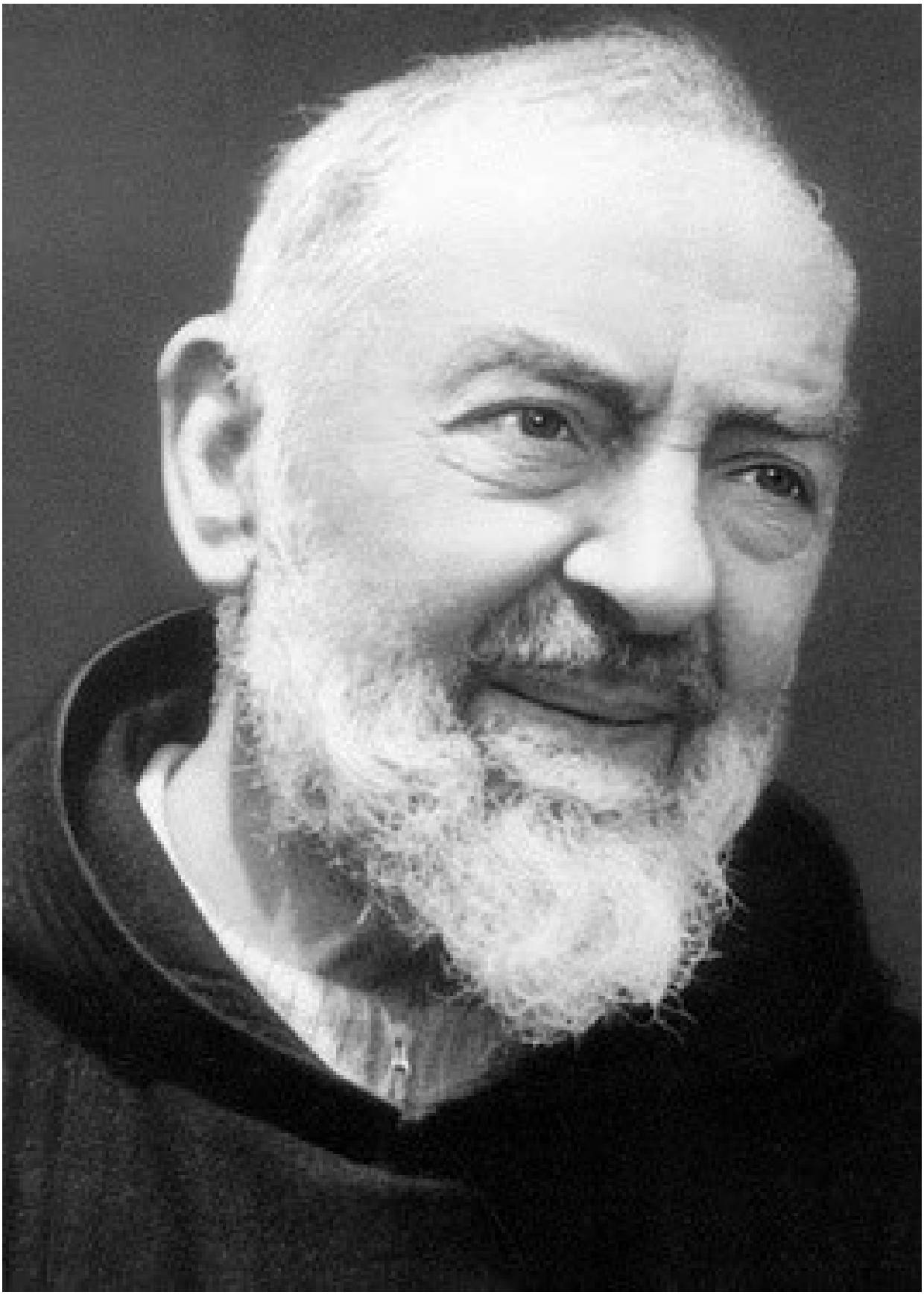
Seraphim of Sarov (30 July 1754 – 15 January 1833), born Prokhor Moshnin, is one of the most renowned Russian saints and venerated both in the Eastern Orthodox Church and the Catholic Church. He is generally considered the greatest of the 19th-century startsy (elders). Seraphim extended the monastic teachings of contemplation, theoria and self-denial to the layperson. He taught that the purpose of the Christian life was to acquire the Holy Spirit. Perhaps his most popular quotation amongst Orthodox believers is "Acquire a peaceful spirit, and thousands around you will be saved."

Seraphim of Sarov Russian Orthodox saint had a gift to levitate over the ground for some time. This was witnessed by many educated people of his time, including the emperor Alexander I. A young paralyzed man brought into his cell saw Seraphim raised from the ground during a fervent prayer. Likewise, four Diveyevo sisters saw him walking above the grass lifted up from the air.

Sœur Marie de Jésus Crucifié

Mariam Baouardy "little Arab" (1846–1878), a Carmelite nun, who died in Bethlehem in 1878, and frequently experienced ecstasies, was seen levitating more than once by others: for example, in the garden of the monastery during times of private prayer, when living in the Carmelite monastery at Pau, in France.

She died in Bethlehem in 1878, and frequently experienced ecstasies, was seen levitating more than once by others: for example, in the garden of the monastery during times of private prayer, when living in the Carmelite monastery at Pau, in France.



Padre Pio, also known as Saint Pio of Pietrelcina (Italian: Pio da Pietrelcina), (25 May 1887 – 23 September 1968), was an Italian friar, priest, stigmatist and mystic, now venerated as a saint in the Catholic Church. Born Francesco Forgione, he was given the name of Pius (Italian: Pio) when he joined the Order of Friars Minor Capuchin.

Padre Pio became famous for exhibiting stigmata for most of his life, thereby generating much interest and controversy. He was both beatified (1999) and canonized (2002) by Pope John Paul II

When World War I started, four friars from this community were selected for military service in the Italian army. At that time, Padre Pio was a teacher at the seminary and a spiritual director. When one more friar was called into service, Pio was put in charge of the community. On 15 November 1915, he was drafted and on December 6, assigned to the 10th Medical Corps in Naples. Due to poor health, he was continually discharged and recalled until on 16 March 1918, he was declared unfit for service and discharged completely.

People who had started rebuilding their lives after the war began to see in Padre Pio a symbol of hope.

Those close to him attest that he began to manifest several spiritual gifts, including the gifts of healing, bilocation, levitation, prophecy, miracles, extraordinary abstinence from both sleep and nourishment (one account states that Padre Agostino recorded one instance in which Padre Pio was able to subsist for at least 20 days at Verafeno on only communion wafers without any other nourishment), the ability to read hearts, the gift of tongues, the gift

of conversions, and pleasant-smelling wounds.

4.2 Buddhism

The miracles of Gautama Buddha refers to supernatural feats and abilities attributed to Gautama Buddha by the Buddhist scriptures. The feats are mostly attributed to supranormal powers gained through meditation, rather than divine miracles. Supranormal powers the historic Buddha was said to have possessed and exercised include the six higher knowledges (abhiññā): psychic abilities (iddhi-vidhā), clairaudience (dibba-sota), telepathy (ceto-pariya), recollection of one's own past lives (pubbe-nivāsanussati), seeing the past lives and rebirths of others (dibba-cakkhu), and the extinction of mental intoxicants (āsavakkhaya).Miracles found in Mahayana sutras generally play a more direct role in illustrating certain doctrines than miracles found in non-Mahayana Buddhist texts.

After Prince Siddhartha left the palace, he cut his hair to signify his future life as an ascetic in search of enlightenment. After cutting his hair, the would-be Buddha took hold of his recently cut hairknot and declared "If I am to become a Buddha [an enlightened one], let them stay in the sky; but if not, let them fall to the ground". Throwing the hairknot, it went a distance into the air and then stopped, floating in midair.

Most of the Buddha's miracles are seen in Buddhism as being the result of extraordinary psychic abilities gained through advanced meditation, rather than miraculous powers. According to Buddhist texts many of the Buddha's disciples, as well as some non-Buddhist hermits and yogis who attained high meditative states, also had some of these same abilities. While texts state that the Buddha still utilized supranormal powers at times and that they are considered signs of spiritual progress, the Buddha also described them as dangerous and something that could lead to self-glorification. According to one text, when the Buddha encountered a non-Buddhist ascetic who proudly showed off his ability to cross a river by walking on water (an ability the Buddha was also said to have had), the Buddha rebuked him and said the ascetic's feat was worth little more than the few cents it cost to cross the river

by ferry. In the Vinaya, the Buddha laid down a rule forbidding his monks from showing off supranormal powers to laypeople and compares conversion through such powers unfavorably with converting through teaching.

Jetsun Milarepa 1028/40–1111/23 was a Tibetan siddha, who famously was a murderer as a young man before turning to Buddhism and becoming a highly accomplished Buddhist disciple. He is generally considered one of Tibet's most famous yogis and spiritual poets, whose teachings are known among several schools of Tibetan Buddhism. He was a student of Marpa Lotsawa, and a major figure in the history of the Kagyu school of Tibetan Buddhism. He is also famous for the feat of climbing Mount Kailash.

Yogi Milarepa, a Vajrayana Buddhist guru, was rumored to have possessed a range of additional abilities during levitation, such as the ability to walk, rest and sleep; however, such were deemed as occult powers

4.3 Gnosticism

Simon Magus, also known as Simon the Sorcerer or Simon the Magician, was a religious figure whose confrontation with Peter is recorded in Acts 8:9–24. The act of simony, or paying for position and influence in the church, is named after Simon.

According to Acts, Simon was a Samaritan magus or religious figure of the 1st century AD and a convert to Christianity, baptised by Philip the Evangelist. Simon later clashed with Peter. Accounts of Simon by writers of the second century exist, but are not considered verifiable. Surviving traditions about Simon appear in orthodox texts, such as those of Irenaeus, Justin Martyr, Hippolytus, and Epiphanius, where he is often described as the founder of Gnosticism, which has been accepted by some modern scholars, while others reject that he was a Gnostic, just designated as one by the Church Fathers.

Justin, who was himself a 2nd-century native of Samaria, wrote that nearly all the Samaritans in his time were adherents of a certain Simon of Gitta, a village not far from Flavia Neapolis. According to Josephus, Gitta (also spelled Getta) was settled by the tribe of Dan. Irenaeus held him as being the founder of the sect of the Simonians.

Hippolytus quotes from a work he attributes to Simon or his followers the Simonians, Apophasis Megale, or Great Declaration. According to the early church heresiologists, Simon is also supposed to have written several lost treatises, two of which bear the titles The Four Quarters of the World and The Sermons of the Refuter.

In apocryphal works including the Acts of Peter, Pseudo-Clementines, and

the Epistle of the Apostles, Simon also appears as a formidable sorcerer with the ability to levitate and fly at will. He is sometimes referred to as "the Bad Samaritan" due to his malevolent character. The Apostolic Constitutions also accuses him of "lawlessness" (antinomianism).

4.4 Hinduism

In Hinduism, it is believed that some Hindu mystics and gurus who have who have achieved certain spiritual powers (called siddhis) are able to levitate. In Sanskrit, the power of levitation is called laghiman ('lightness') or dardura-siddhi (the 'frog power'). Yogananda's book Autobiography of a Yogi has accounts of Hindu Yogis who levitated in the course of their meditation.

5.0 Levitation By Mediums

Many mediums have claimed to have levitated during séances, especially in the 19th century in Britain and America. Many have been shown to be frauds, using wires and stage magic tricks. Daniel Dunglas Home, a prolific and well-documented levitator of himself and other objects, was said by spiritualists to levitate outside of a window. Skeptics have disputed such claims. The researchers Joseph McCabe and Trevor H. Hall exposed the "levitation" of Home as nothing more than him moving across a connecting ledge between two iron balconies.

The magician Joseph Rinn gave a full account of fraudulent behavior observed in a séance of Eusapia Palladino and explained how her levitation trick had been performed. Milbourne Christopher summarized the exposure:

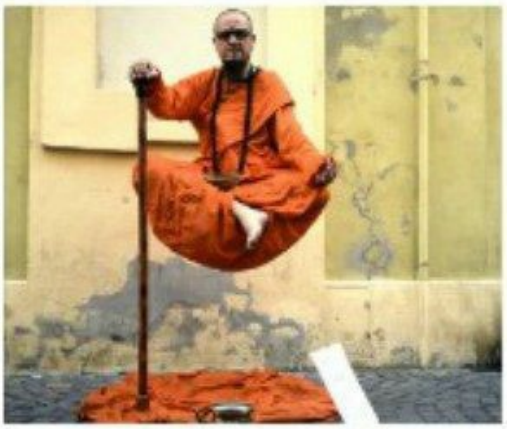
"Joseph F. Rinn and Warner C. Pyne, clad in black coveralls, had crawled into the dining room of Columbia professor Herbert G. Lord's house while a Palladino seance was in progress. Positioning themselves under the table, they saw the medium's foot strike a table leg to produce raps. As the table tilted to the right, due to pressure of her right hand on the surface, they saw her put her left foot under the left table leg. Pressing down on the tabletop with her left hand and up with her left foot under the table leg to form a clamp, she lifted her foot and "levitated" the table from the floor."

The levitation trick of the medium Jack Webber was exposed by the magician Julien Proskauer. According to Proskauer he would use a telescopic reaching rod attached to a trumpet to levitate objects in the séance room. The physicist Edmund Edward Fournier d'Albe investigated the medium Kathleen Goligher at many sittings and concluded that no paranormal phenomena such as levitation had occurred with Goligher and stated he had found evidence of fraud. D'Albe had claimed the ectoplasm substance in the photographs of

Goligher from her séances were made from muslin.

6.0 More Levitation Hoaxes

In March 2018, a video purportedly showing a street performer “levitating,” one of many, was shared nearly a million times on Facebook. Although most viewers were aware that this woman is not actually harnessing some sort of dark art in order to make her float in midair, many were still curious about how she managed the appearance of levitation with such ease.



(Pictures of various street performers above)

Every one of the levitating street performers that we have encountered have used some sort of cane or pole in their trick. These support systems are disguised in various ways, but they all serve the same purpose — to lift the performer off the ground. These poles are installed in some sort of base (which is hidden in some manner underneath a carpet, cloth, or rug) and connect to a support system that is carefully threaded through the magician's sleeve.

Here's a simple diagram of how one trick might have been set up:

Seat Plate
Main Pole
BASE

As this trick is often performed in the public square, these illusionists have to set up and take down their tricks in plain view of tourists and other passersby. This has given many people the opportunity to reveal the secrets behind this levitating ruse:

This trick has become popular among street performers in recent years, but it dates back to at least the late 1800s, when John Nevil Maskelyne performed a similar trick in later modified Maskelyne's illusion (there are different accounts about how he came into the plans for the illusion) to make it more mobile for his touring act:

An important part of every year was Kellar's annual summer trip to London's Egyptian Hall. One year he watched Maskelyne do the best levitation he'd ever seen. Although Kellar already performed a levitation, he wanted something more baffling and unforgettable.

He attended many shows at Egyptian Hall and studied the stage carefully, but he couldn't figure out the details of Maskelyne's levitation. Maskelyne refused to reveal its seret. Harry's solution was to hire someone who knew how the illusion worked.

A German magician, Paul Valadon, had performed at the Egyptian Hall for five years. In 1904, Kellar invited Valadon to join his show. After Valadon described the mechanism behind the illusion, Harry made changes to it. Unlike Maskeleyen, who performed every night in the same theater, Harry had to move the illusion as he toured. That meant adjusting the equipment so that it could easily be taken down and set up again without breaking.

These magicians, too, used some sort of support system hidden from the audience’s view to create the illusion of levitation.

7.0 Learning to Levitate Yourself

The below article is by a master of yoga:

In yoga, it is believed that some yoga and meditation masters who have special powers known as “siddhis” are able to levitate at will.

The power of levitation in the Sanskrit language of yoga is called “dardura siddhi” which means the frog power—as some frogs are known to jump and suspend themselves in the air.

There are many witnessed accounts and first hand stories of great yogis levitating through the use of special powers achieved through meditation and advanced yoga practices.

In the books Autobiography of a Yogi by Yogananda and Living with the Himalayan Masters by Swami Rama, there are referenced accounts of yogis who have levitated.

So how does one learn to embrace this phenomenon and possess this power of levitation?

Is it a paranormal activity or something that defies the law of gravity and physics? Maybe it’s all of these, but it is said that when one progresses on the path of meditation, levitation comes naturally. Some of the great yoga texts proclaim that when one is proficient in the science of yoga and pranayama (expansion of energy by breath control) one can also learn to levitate.

So, to learn how to levitate one should first start with meditation to be more familiar with their subtle body and feel their prana (life force) and energy. One can start with a seated practice of mediation or a laying down practice such as yoga nidra.

Next it is important to understand the various pranas or vayus within the body. There are five main vayus and they are responsible for governing the movements and actions of both the mind and body. I believe that by knowing and controlling the vayus, one can master the art of levitating.

The five main pranas within the body are briefly described as follow:

>>> Prana Vayu which draws energy inward and is responsible for inhaling, sensory perception and swallowing.

>>> Vyana Vayu which diffuses energy away from the body and is responsible for overall movement and circulation.

>>> Samana vayu which draws energy towards the center and is responsible for digestion, metabolism and homeostasis.

>>> Apana vayu which descends energy downward and out and is responsible for elimination, reproduction and downward movement.

>>> Udana vayu which ascends energy upwards and out and is responsible for speech, exhalation, growth and upward movement.

To be able to levitate one needs to be able to focus and master the Udana Vayu—the upwards flow of life energy or prana. The Udana Vayu is primary located at the base of the throat and extends all the way to the top of the head which links together the fifth, sixth and seventh chakras. Because this energy is responsible for upward movement it is primarily the one that needs to be controlled for levitation to occur.

The secret to levitating also involves controlling specific energy locks known as bandhas and, to focus with a strong will on drawing the energy upwards into the higher chakras.

The three main bandhas of yoga are:

>>> Mula bandha—the root lock which emphasizes engaging and squeezing at the perineum.

>>> Uddiyana bandha—the upward flying lock which emphasizes drawing the belly and abdominals upward and in.

>>> Jalandhara bandha—the throat lock which emphasizes bringing your chin towards your sternum.

To become a master at levitation one must consistently practice and become proficient in these ancient yoga techniques as well as meditation. In our yoga training we learn with more depth and detail how to expand our energy and move our energy in different directions through various yoga postures, pranayama (breath control) practices, visualizations and meditation.

I believe levitation also requires being able to use ones will power or mind power.

So while there is no sure way to guarantee that one will levitate, one can certainly practice the techniques as outlined in the traditional yoga texts. One of my favorites is the Hatha Yoga Pradipika published by the Bihar School of Yoga. Good luck in your endeavors.

8.0 Another Levitation Experience and Instructions

(The story below is from a person who experienced this phenomenon.)

I was attending a lecture of Michio Kushi, one of my spiritual mentors, when he became very frustrated with his Los Angeles audience of several hundred metaphysical seekers. He was attempting to convey to us an understanding of the physics of life, the fundamental mechanism of creation and transformation in life processes.

Sensing he wasn’t getting his message across, Michio decided to get more simple and basic. He emphasized the fact that the core nature of all life is energy, declaring, "The world is all energy. Everything is energy. And if you understand that, you can understand the real dynamics behind how things happen the way they do in the ‘so-called’ physical universe."

The audience was comprised of bright, curious people of all ages and backgrounds. However, few of us were understanding Michio on the fundamental level he was trying to communicate. Exasperated, he switched to an experiential tack, announcing abruptly and emphatically, "All right. I'll demonstrate what I’m talking about."

Michio knelt down in the traditional Japanese manner on his knees, put his hands together in a prayer-like position, closed his eyes and sat very still. After several minutes, his body began to slowly lift off the ground to a height of about three feet. There he remained for ten minutes, suspended in the air several feet above the floor. Now he had my attention!

I was astonished, of course. Then I impulsively did something that, in retrospect, seems very irrational and even humorous. But at the time, the maneuver made sense to me.

My mind's orderly framework of reality was being severely challenged by Michio's airborne body. I needed to do something to psychologically feel more in control. If I was being forced to expand my belief in what is humanly possible on this earth, I was going to make sure the phenomenon was authentic. I had to do something that would give the apparent impossibility I was witnessing some sense of validity.

In a childlike way, I felt the levitation would be more real for me if I knew firsthand that nothing was underneath his body. I was sitting in the front row of the audience. I reached underneath Michio's hovering body, pretending my only intention was to grab a notebook behind him.

I discovered Michio was, indeed, floating in midair! There was only empty space underneath him. Inserting myself physically into the incomprehensible picture before me made the whole scene more authentic for me.

After about ten minutes, Michio's body gently descended to the floor. He opened his eyes and shared offhandedly, "Levitation is very easy. It is a natural, simple process. You all can do it."

Then he proceeded to tell us how to levitate. He spoke casually, as if he were describing how to ride a bicycle, "You simply empty your mind and clear your consciousness. Eliminate yourself of ego and self-absorption. When you are completely purged of awareness of the small self, of identifying with the

personality, you are free to move with the natural rhythm of the universe. You are no longer weighted down with self-concern and limiting beliefs. You are then able to utilize the electro-magnetic wave energy that moves between the earth and the sun, moon, planets and all the heavenly bodies in the universe."

Sensing that he was losing his audience again, he paused and then elaborated, "On a hot day, you can actually see the wave motion of this universal energy as it undulates the air over hot pavement. You can measure the powerful effect of this energy on the ocean: this invisible force causes the sea to rise and fall, creating the ocean tides.

You can see this pattern of universal pulsation in the rolling of the ocean waves, the rhythm of rock strata in canyons and the formation of sand dunes in the desert.

This universal, undulating motion creates all the spiral patterns you find in nature—from whirls in sea shells, twirling plant growth, twisted tree trunks and swirling ocean currents to water funnels going down the drain.

The natural flow of life is an energy wave motion, up and down, in and out. All the wavelike patterns and spiral formations you find in nature exist because natural elements are fluid and flexible enough to flow with the natural wave energy current of life.

When you become light enough, clear enough of ego-concern, you can let this wave energy move you as well. That's all levitation is." Sensing his audience was close to grasping his meaning, Michio tossed out examples for

them to identify with. “Observe children, dogs and wild animals tap into this universally available energy source. To them, it’s natural.

Haven’t you seen children and dogs in a park or on a beach as they run and jump all day without getting tired? If a child or dog feels especially happy and carefree, you’ll see them jumping two or three times higher than they normally can.

We all know wild animals have extraordinary abilities to jump and leap, as well as run long distances very fast and long. Indigenous, tribal natives who retain their childlike innocence and openness in adulthood can run 100 miles in a single day without being tired.

This is because they are light and empty enough to flow with universal energy. They allow the natural energy pulsation between the earth and other bodies to propel them. That is what the Star Wars screenwriter meant when he said, “May the Force be with you.” His characters had learned how to surf the Force. When you become fluid and malleable, you also can ride this energy and float."

Immediately after the lecture, I ran up to Michio, voicing my excitement over what I witnessed. He turned to me and smiled one of those accepting smiles I came to love.

“Most will not remember the levitation, Keit.” I protested, exclaiming that, of course, they’d remember such a fantastic display of levitation, not to mention actual instructions on how anyone could do it. He simply shrugged his shoulders. “Maybe some. But very few.”

Determined to prove him wrong, I joined the attendees milling about the lecture hall and questioned small pockets of people about what they witnessed. To my astonishment, the majority of the audience didn't see Michio levitate; they perceived him simply kneeling in meditation!

A minority of the audience did witness the levitation. Yet, of the people who stated that evening that they saw his body float, only a handful stuck by their statement the following day. The rest of the witnesses could no longer remember having seen the body levitate!

I reminded these witnesses that they had admitted seeing the feat just the evening before. But they took back their words—and their experience. As one observer replied incredulously, "Oh, no. I never said that. I never saw that. All I saw was Michio kneeling on the floor." They changed their story and their memory by the next morning!

What an awakening for me! I was forced to recognize how strenuously we humans hold onto our current, familiar, thus comfortable, views of reality.

On three other occasions, I observed Michio suspend his body in midair for ten minutes in front of several hundred people. After each demonstration, I questioned people in the same way I did after the first levitation. The same pattern played out: admission on the day of the event followed by a retraction the next day! Seeing, then denying.

When I followed up the next day with professed witnesses of the event, most

of them changed their story. Overnight, the fact of a fascinating levitation was demoted to a memory of mere grounded meditation. Only a few of the witnesses retained the experience of the levitation from the evening it happened until the next morning!

Furthermore, with the passage of time, even the few people who remembered the levitation the morning after, began to reinterpret, invalidate or completely forget they ever witnessed Michio float in the air. In other words, the further in time we got from the actual miracle, the fewer people remembered seeing it. The only witnesses who remembered over time that they witnessed Michio levitate were people who saw him—or another gifted being—levitate on more than one occasion.

What's going on here? I asked myself. What a lesson in the filtering power of our programmed preconceptions. We only see what we're conditioned to see. We only perceive what we expect to perceive!

Over the years, I've found this perceptual filtering often goes along with the witnessing of supernormal abilities. I call it "spiritual amnesia." The mind works fast to cover up any evidence that contradicts its own rigid perimeters regarding what is possible in its world.

This malady is like a 24-hour flu virus. It's easy to catch in our culture. The effects of the syndrome last just long enough to wipe out any memory of an unusual event that doesn't fit into our expected range of possibilities! By the next day, the extraordinary event is either made ordinary by the mind and memory, or forgotten altogether.

In my career as a journalist covering natural disasters and crisis situations, I've encountered the invalidating effect of spiritual amnesia after every major superhuman feat that was out of the box—beyond the envelop or scope of what most people believe is possible.

A prime example is the seemingly extraordinary ability of people to lift and keep aloft heavy vehicles until a loved one or stranger is rescued from danger. In the making of a documentary on the subject, I found out this act of extra-normal strength has occurred at least once in practically every community in the country!

And, as with levitation, it's usually only those people who have witnessed this extraordinary human ability more than once who are able and willing to remember that it occurred at all.

Later that same year, I fell victim to the insidious power of spiritual amnesia in my own psyche. Until a friend at work mentioned levitation one day, I never considered attempting this skill myself. Recounting Michio's floating feat to my co-worker, I got so re-invigorated about the subject that I decided to try to levitate when I got home from work that very evening. I planned to use Michio's technique of tapping into universal wave energy. Yet, by the time I got home that evening, I totally forgot about my intentions to levitate!

It was months later that some reference in my environment again triggered my memory of wanting to levitate. Again, I forgot my plans by the time I was in a suitable situation to act on them. The same lapse of memory and carry-through concerning my notions to levitate occurred many times over the following years. I usually remembered my objective to levitate when I was at work during the day, only to forget again by the time I got home in the evening. It ultimately took writing down the levitation plans on paper during

the day for me to remember it in the evening!

When the auspicious event finally occurred, it took me several hours to empty myself of self-absorption and quiet my mind enough to successfully tap into the electro-magnetic energy force field Michio mentioned in his lectures.

Finally, I felt very clear and calm. My kneeling body started to lift off the floor! I felt my body rising. I opened my eyes, looked down and saw I was about a foot off the ground. As soon as I saw that startling reality, my whole body was immediately filled with the thunderous sound of "NNNOOOOO!!!!" This heavy, loud "NO!" filled every cell of my body, and I came crashing to the floor.

It took me years to recover psychologically from that "NO!" I felt very guilty, as if I had done something wrong and prohibited—like I'd committed some crime against nature. Several years passed before I tried levitation again. The same thing happened. I started lifting off the floor. I noticed that I had the thought, I'm levitating. I'm rising. And as soon as the reality of the floating hit my awareness, again, immediately, this loud, forceful, heavy "NO!" pervaded my body. It came from every cell in my body, and from deep within myself. I crashed to the floor.

Not one to give up on something I really want, I tried levitation again years later. This time I attempted my experiment with two friends, Giana and Steve. During an evening of intimate, honest conversation, I told them the story of Michio's levitation. "Let's try it," they exclaimed in unison. Giana and Steve were the first people with whom I shared his story who were motivated to try to levitate themselves.

With all our excitement and expectation, it took hours of meditation for us to get quiet and clear our minds. When we finally did empty our minds, we all began to rise at the same time. I saw their bodies lifting off the floor. However, as soon as Giana and Steve noticed they were a foot above the floor, they came crashing down together. Watching their descent triggered me into "thinking." I came right down after them.

Like me, Giana and Steve felt a strong sensation of shame and guilt—like they had done something wrong or prohibited. That night, we talked about our levitation experiment at length. But the next morning the "spiritual amnesia" had already set in and we all went off to work without mentioning the miraculous occurrence of the previous evening. And none of the three of us ever referred to that evening's adventure again in the following years of acquaintance. I have since lost touch with both friends.

I often wonder if I could entice Giana and Steve to remember the evening we explored the wonder of surfing the waves of the universe. I often wonder if I could entice myself to fly again. With considerable embarrassment, I must admit I haven't made another attempt to levitate since my exploits with Giana and Steve. I'm waiting for the right moment and situation. It hasn't felt intuitively right for me to re-attempt flight. I haven't gotten the impetus or clearance from my inner coach to undertake another experiment in expanding my known universe in this way.

My reluctance can be further explained through the inherent meaning of the word experiment. When we take a look at the Latin components, we discover the source of the word's meaning: Ex-to go out of, beyond. Periment-perimeter, boundary, border, periphery. Experiment-to go beyond the boundary. According to Webster's, another Latin root of the word contributes

to a deeper understanding: pericul-danger, trial, test. Thus, experiment-danger in going beyond the boundaries—which is what a lot of us feel when we test the borders of our known world.

Through much exploration, I've learned the wisdom of waiting for intuitive guidance as to when, how far and under what circumstances I venture into new, uncharted territory. The perils are considerable in barging ahead heedless of one's inner compass. Someday soon, I hope to get the go-ahead again from my inner coach that I am strong and clear enough to go beyond my old, known borders to enjoy "the incredible lightness of being."

9.0 Summary

Levitation is an interesting ability which many people want to learn. It is also the one ability which has been subject to lots of fraud throughout history.

Magicians do levitation tricks, as do Indian Fakirs. They use a metal pole and support structure to make it look like they are floating and just holding the pole.

In spite of all of the fakes there are enough stories of Saints, Gurus, and more to realize that levitation is a real spiritual ability.

I hope you enjoy these stories and I encourage you to work on your own spiritual growth. True spiritual growth will allow you to do levitation and other paranormal abilities.

All the Best,

Martin K. Ettington

September 2020

10.0 Bibliography

1. Levitation (Paranormal). https://en.wikipedia.org/wiki/Levitation_(paranormal). [Online]

2. Saints and Levitation. https://en.wikipedia.org/wiki/Saints_and_levitation. [Online]

3. Levitation.Org. https://www.levitation.org/. [Online]

4. how to meditate and levitate. https://www.elephantjournal.com/2014/09/how-to-meditate-levitate-jai-kai/. [Online]

5. Levitating Street Performers. https://www.snopes.com/news/2018/03/28/levitating-street-performer-explained/. [Online]

6. Meditation to Start. https://www.hinduwebsite.com/selfdevt/mental/meditationlostart.asp. [Online]